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Tragedy grips town

ALMONTE
Councillor and alleged shooter die in home incident

Police continue to investigate a triple-shooting incident from Thursday morning which claimed the life of Mississippi Mills Coun. Bernard Cameron and the alleged shooter.

The OPP responded to a 911 call just after 7:30 a.m. at a Strathburn Street residence and found Cameron deceased, as well as two other individuals with life-threatening injuries. While the OPP have yet to release the identities of the victims, according to family sources, the two injured were Bernard's daughter, Sarah Cameron, and the alleged shooter, her husband, Travis Porteous.

Police said Thursday evening the alleged shooter, a 33-year-old man, had died of his injuries in hospital. Sarah Cameron remains

in hospital in stable condition.

Mississippi Mills Mayor Shaun McLaughlin confirmed Bernard's death to Metroland Media.

"I'm still in shock," said McLaughlin this morning. "I've just informed council of this."

A clearly distraught McLaughlin said that "my heart and prayers go out to the family," and that, as a former high school teacher, Cameron had touched many lives in the small town.

"There won't be a dry eye in town after this afternoon."

Born in Almonte in 1955, Cameron attended elementary and secondary school in town and spent his summers as a youth working in hayfields in Pakenham, farms in Ramsay and in mills. After 20 years in southwestern Ontario, he returned to Almonte in 1993 to finish his teaching career at Almonte and District High School. He retired in 2007. He is survived by his wife, four children and six grandchildren.

ASHLEY KULP/METROLAND MEDIA WITH FILES FROM DESMOND DEVOY AND TIFFANY LEPACK

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Habs player pulls epic Chewie joke on Ottawa buddy

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Secret donor pays woman's bill

metr EFFECT

Reader to keep Faith Girvan from transit suspension



Emma Jackson
Metro | Ottawa

Sometimes, all you have to do is ask.

On Monday, Metro Ottawa wrote of a local woman facing suspension from Para Transpo if she couldn't pay her \$430 bill by March.

On Thursday, she discovered she might not have to.

An anonymous Metro reader has come forward to pay Faith Girvan's bill for her, hoping to help someone in need and inspire others to do the same, the donor said.

A self-proclaimed "regular guy," the donor said he tries to help out when he can.

"That kind of money we spend on coffees, and if we can spend it in the right way, someone can get their rights," he said.

Paying the entire bill by March would have been an impossible task for Girvan, given she's on a fixed disability income.

And with no accessible transit as of March 1, Girvan faced a month or more of isolation, at least until the snow melted and she could get around by herself.

But Girvan's troubles could soon be over.

"My jaw hit the floor," said Girvan, who is legally blind



"I was so shocked. If I wasn't awake before, I was after hearing that."

Faith Girvan

Faith Girvan won't be suspended from Para Transpo thanks to an anonymous donor who plans to pay her \$430 bill. EMMA JACKSON/METRO

and uses a wheelchair most of the time. "I was so shocked. If I wasn't awake before, I was after hearing that."

Girvan, 29, said she "hates" asking for money, especially when a secret donation like this can't be repaid.

All she could offer is gratitude. "Thank you very much," she said.

To be fair, Girvan didn't really ask for help. She told her story last week because she feels Para is being unfair, and wanted the

system to change, she said.

It all comes back to January, when the city's accessible transit service sent letters asking more than 1,300 customers to settle several years' worth of outstanding fares in less than two months.

The debts build up when drivers issue "no-fare slips" in lieu of payment.

The IOU system is meant to help customers — many of whom are pensioners or on disability — use transit without

having to wait for their next paycheck.

Some bills were as low as \$1.85, but others, like Girvan's, reached into the hundreds.

It's causing backlash: some feel it's petty of the city to come calling for less than a toonie, while others feel the timeline is too tight for those with massive bills.

Emergencies aside, Para wasn't going to let people like Girvan ride after March 1 until their bills were under \$50, ac-

cording to OC Transpo's Pat Scrimgeour.

Enter the secret donor. He contacted Metro to facilitate the transaction, so he could remain anonymous.

It's not quite finished — he said it's been "a real struggle" to get through to Para Transpo, and when they did return his message they refused his money until he had Girvan's client ID.

With that in hand, it could take a few days to hear back, but he intends to follow through

with the payment.

He said he's a regular volunteer, working with organizations like Shepherds of Good Hope and other local charities to serve the community.

"I'm Muslim and that's what my religion tells me, to help whenever you can," he said.

The donor insisted he's "nothing special" and only hoped his actions would inspire others to help out, too.

"I'm happy that somebody's happy," he added.

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Diplomacy lessons

BACK TO SCHOOL

PM Trudeau, Ban Ki-moon visit Glebe Collegiate

Michael Woods
Metro | Ottawa

It was far from a typical school assembly.

Glebe Collegiate Institute students gathered in their school auditorium Thursday afternoon to welcome Prime Minister Justin Trudeau and UN Secretary-General Ban Ki-moon.

"I can't tell you how I would have died for this when I was in high school," Catherine McKenna, environment minister and Ottawa Centre MP, said as she kicked off the event.

"This isn't a typical meeting of your international club. This is something you will tell your kids about one day."

The school's World Issues class had been drafting a letter with questions to send Trudeau and Ban. With two days' notice, they found out the men would



Prime Minister Justin Trudeau and United Nations Secretary-General Ban Ki-moon participate in a student assembly at Glebe Collegiate Institute on Thursday. FRED CHARTRAND/THE CANADIAN PRESS

visit in person.

The men entered to a standing ovation and shouts of "Trudeau, Trudeau" from the auditorium filled with students from Grades 10 to 12.

Everyone seemed happy to be there. Trudeau, who is also the minister of youth, said one of his "favourite things" is lis-

tening to young people and he doesn't get to do it enough.

And Ban called the visit the "most important, most exciting" part of his three-day trip to Canada.

Trudeau and Ban fielded four student questions, on topics including Syrian refugees, climate change and Canada's role

in the fight against ISIL.

Grade 12 student Max Hirsch, who asked about Canada's role in a world of increasingly global conflicts, said Trudeau's answer was "very good, very concise."

"I know some people tend to dance around the question. He answered it and elaborated, actually."

REACTION

What students thought



I thought it was good that he emphasized that the refugees aren't someone to be scared of. They're people like us who are looking for shelter, and that Canada's not a nation to close its doors, but to open them.

Gabriella Lall, Grade 12

We didn't actually know about it until two days ago, so it's a huge surprise. It's definitely a huge honour.

Max Hirsch, Grade 12



It was super exciting. It was really great for Trudeau to come and really reach out to the community, because he talks about how he's worked with youth and it's really important that he keeps that up.

Kaelin Connelly, Grade 12

I thought they were quite broad answers.... He wasn't really specific on anything he was actually going to do. But it was good.

Alex Heyes, Grade 12



Earlier in the day ... a rendezvous on the Hill

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1 Climate and poverty — Prime Minister Justin Trudeau and UN Secretary-General Ban Ki-moon walk in Parliament Hill on Thursday. During a packed, daylong visit to the city, Ban praised Trudeau for last year's climate-change charm offensive in Paris, but urged him to spend more of Canada's wealth on the world's poorest people. CHRIS ROUSSAKIS/AFP/GETTY IMAGES



2 A place at the table — Ban participates in a press conference with Trudeau. Trudeau confirmed that Canada is looking to win a seat on the Security Council. CHRIS ROUSSAKIS/AFP/GETTY IMAGES



3 Closer ties — Trudeau and Ban shake hands. Ban said he welcomes Trudeau's plan to rebuild a robust relationship with the UN. ADRIAN WYLD/THE CANADIAN PRESS

Uber drivers plead guilty on licensing

COURTS

Six vow never to never pick up another fare



Joe Lofaro
Metro | Ottawa

Six Ottawa Uber drivers who pleaded guilty to breaking city bylaws Thursday made a sur-

prising promise to court: to never drive for the ridesharing service ever again.

Although none of the drivers who were convicted appeared in person in provincial offences court, a defence lawyer entered their pleas of guilt on their behalf.

The lawyer told the court they have each written a letter vowing to never again pick up an Uber fare on the streets of Ottawa.

All but one of the drivers were slapped with a \$750 fine after pleading guilty to operating a taxi without a licence. One driver was fined \$1,250 since this was his second con-

viction for breaking the city's taxi bylaw.

The fines have netted the city a combined total of \$5,000.

Stuart Huxley, legal counsel for the City of Ottawa, said

Thursday's convictions are "encouraging" as a deterrent to the drivers who pleaded guilty.

"If other individuals are planning to engage as unlicensed taxi cab drivers, hopefully they'll learn from the lessons of matters like today," said Huxley.

Uber Canada has said previously that it covers its drivers' fines.

Before Thursday's court appearance, the city said the by-

law department has laid 174 charges against 78 individual UberX drivers since the company began operations in the capital in October 2014.

To date, 71 Uber drivers in Ottawa have pleaded guilty to a total of 138 charges.

Two other Uber drivers are scheduled to appear in court on March 31.

The city says its enforcement against unlicensed cabs is ongoing.

If other individuals are planning to engage as unlicensed taxi cab drivers, hopefully they'll learn from the lessons of today.

Stuart Huxley



Louisa Taylor, director of Refugee 613, joins medical professionals in a discussion about refugee mental health at the Dominion-Chalmers United Church. LUCY SCHOLEY / METRO

RESETTLEMENT

Helping refugees with mental health



Lucy Scholey
Metro | Ottawa

When should a medical worker screen a Syrian refugee for post-traumatic stress disorder? And what cultural barriers do refugees face when accessing mental health services?

About 150 local medical health workers gathered at the Dominion-Chalmers United Church on Thursday to talk about caring for the influx of government-assisted Syrian refugees.

"Logistically, it has been very challenging," said Tara Matte, of the Pinecrest Queensway Community Health Centre, which has been doing drop-ins at the hotels where refugees are temporarily housed.

"For the first three weeks, there were changes following every session ... because the number of people changed, the

schedules changed, (and) our availability of Arabic-speaking staff was a challenge."

Apart from medical assessments, some doctors must also help refugees navigate Canada's health-care system.

"I can write a prescription, send somebody out, but it doesn't get filled because they don't know what to do with it," said Dr. Shaun Mattas, a Centretown Community Health Centre family physician.

Refugee 613, a non-profit organization co-ordinating resettlement efforts, hosted the workshop after asking for a break from the flow of government-assisted refugees. So far, about 1,000 refugees have landed in the nation's capital, and most are government-assisted.

There will be other workshops for people interested in the Syrian refugee resettlement efforts, including one on housing.

HERITAGE

Building to be razed

The city's largest social housing provider is a step closer to demolishing its heritage Lowertown building.

Four councillors outvoted three citizen members of a built heritage subcommittee Thursday to approve the teardown of 171 Bruyere St. Owner Ottawa Community

Housing argues it's too costly to renovate. The corporation has applied to replace it with a "parkette."

Coun. Tobi Nussbaum, who chairs the committee, said this case does not set a precedent. The application must go to the planning committee and council for approval.

LUCY SCHOLEY/METRO



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Hab's prank a real Wookiee sensation

Kijiji users fill friend's inbox with imitations of Chewbacca



Emma Jackson
Metro | Ottawa

Not long ago, in a city two hours away, a Montreal Canadiens forward lost hard in his fantasy football pool.

"Nnnrrraaaaaagg-gaaaaaaahhh!" Paul Byron might have cried as he conceded defeat to his friend, Sam Aiello, back in Ottawa.

It was a frightening loss for someone so steeped in competitive sports, but like any rebel fighter — er, hockey player — Byron wasn't giving up.

He started typing. Two days later, Aiello got a call from Chewbacca. And another, and then another.

"Nnnrrraaaaaagg-gaaaaaaahhh!" Chewie wouldn't leave him alone. The famous Wookiee was calling from across the galaxy; from alien planets like Hali-burton, Hamilton and London. "I kept getting these random calls. So I put my number into Google and I knew it was him right away," Aiello said.

"Him" being Ottawa-born Byron — known on the arena battlefields as No. 41 — who had crafted a clever Kijiji ad directing Chewbacca impressions to Aiello's voicemail.

"Winner will be judged and



This Wookiee may have a message. SEAN GALLUP/GETTY IMAGES

“He's upset that I beat him in a fantasy football playoff game.”

Sam Aiello

contacted by Friday, February 12th," the ad said. "Reward of \$50 will go to the winner. Good luck!"

Aiello got six unsolicited impressions. One, apparently, was from an unidentified CFL linebacker, who discovered the prank through Byron's mutual trainer.

"He thought it was so funny and so he called me," Aiello said.

Reached on Twitter, Byron wouldn't "confirm nor deny the allegation," he wrote, add-

ing that Aiello had it coming. "(He) was caught cheating and had to hear from some (angry) wookiees!"

"He's upset that I beat him in a fantasy football playoff game," Aiello said.

Byron's prankster reputation precedes him.

According to Aiello, Byron filled another friend's voicemail a few years ago by advertising free puppies.

This time, Byron used Chewie because he and Aiello both love Star Wars, Aiello said.

Aiello hasn't decided how he's going to repay his famous friend, but retribution is coming, he promised. He has until the summer, once Byron is home, to figure it out.

Whatever it is, it's got to be good.

"Maybe some twerking dancing lessons," Aiello said.



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5

THINGS TO DO IN OTTAWA THIS WEEKEND

Cupid is flying through the frigid capital over the next three days, so whether you're planning to pucker up or pout about it, there's plenty to love about this long weekend. **LUCY SCHOLEY METRO**



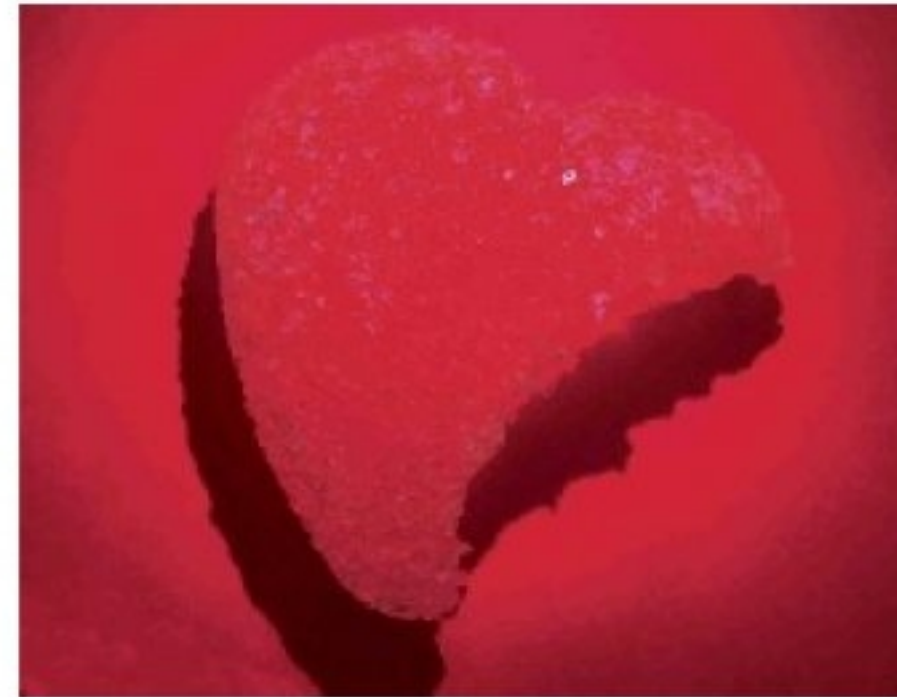
1 Add a little spice with some salsa

Before you paint the town red with your dance moves, learn how to mambo with the Azúcar! Latin Dance Company. The pre-Valentine's Day "Sexy Bachata party" starts Saturday at 6 p.m. at Pressed Urban Gourmet Sandwich Bar. Tickets cost \$11.30 per person or \$15 at the door.

Saturday

2 My furry Valentine

Drooling over that special someone? Or having problems finding the purr-fect Valentine? You will be in good company at the Ottawa Humane Society's day of family activities that include face painting, an animal photo booth and cupcake decorating. Head there on Saturday between 11 a.m. and 2:30 p.m. at 245 West Hunt Club Rd. **Saturday**



3 V Day vs. anti-V Day

Maybe you think Valentine's Day is consumerist BS. Maybe you're just lonely. Or maybe you indulge in a day of eating chocolates (either solo or with a lover). In any case, V-Day is polarizing. But the Hintonburg Public House is taking both sides. The venue is hosting its first annual "Anti-Valentine's Day Party," which starts at 9 p.m. But their website is also advertising for Valentine's Day dinner reservations. Bitter single people, be warned. **Sunday**



4 The Simpsons get a little sexy

The I Choo-Choo Choose You Burlesque show promises scantily clad Springfield characters and a surly Moe serving Simpsons-themed drinks. Head to SAW Gallery for Saturday shows at 7 p.m. and 10 p.m. and on Valentine's Day at 9 p.m. Tickets cost \$21.30. **Saturday and Sunday**



5 Speed it up

Stop swiping left and try out the face-to-face version of speed dating. You can head to either the Moscow Tea Room (37-50 years old) or Industria Italian Brasserie (25-38). It starts at 6:30 p.m. **Sunday**

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Jian Ghomeshi appears in court during closing arguments at Ghomeshi's sexual assault trial in Toronto on Thursday. THE CANADIAN PRESS

Ghomeshi's fate rests with judge

SEX ASSAULT TRIAL

Justice William Horkins to give verdict next month

The fate of Jian Ghomeshi now rests with a Toronto judge who is expected to decide next month whether to convict the former broadcaster of sexual assault and send him to jail or declare him innocent.

The Crown said on Thursday that the three women at the heart of the trial were "unshaken" in their allegations against the one-time CBC star, while the defence steadfastly argued that the complainants were unreliable witnesses who lied under

oath.

The credibility and the reliability of Ghomeshi's three accusers are key issues for Justice William Horkins as he mulls the case that has triggered a national discussion about the challenges of reporting and prosecuting sexual assault.

Ghomeshi — the former host of CBC Radio's popular culture show "Q" — pleaded not guilty to four counts of sexual assault and one count of overcoming resistance by choking. His long anticipated trial, which began on Feb. 1, became something of a spectacle, drawing large crowds to a downtown Toronto courthouse.

While the 48-year-old did not take the stand, the bulk of evidence at the trial came from the three women, whose

allegations were linked to incidents that allegedly happened in 2002 and 2003.

"All three Crown witnesses were unshaken in their allegations that they were sexually assaulted by Mr. Ghomeshi," Crown prosecutor Michael Callaghan said in his closing arguments on Thursday.

Ghomeshi's defence team offered a starkly different view, arguing the Crown had failed to prove its case beyond a reasonable doubt.

"It (the evidence) is so riddled with inconsistencies and improbabilities and proven lies under oath that it cannot be said to prove anything," said Marie Henein, Ghomeshi's defence lawyer who shredded the testimony of all three complainants during intense cross-examination.

THE CANADIAN PRESS

MARRIAGE

When the fairy tale falls apart

One marriage expert has a decidedly anti-cupid message for long-term lovers this Valentine's season: rein in the wooing.

Amid the red roses, candlelit dinners and declarations of love, all couples — particularly those who aren't legally married — are being advised to make time to talk about what happens if things go south.

Elizabeth Abbott, author of *A History of Marriage*, says couples become so seduced by love itself, they forget there's more to a successful relationship and some of it is, well, unromantic.

"It's real life. It's living togeth-

er, it's having a job, it's spending money," says Abbott, a historian and senior research associate at the University of Toronto.

"A little less romance, please." In no situation is that more important than in common-law marriages — especially if the love affair ends or if one person dies.

John-Paul Boyd, executive director of the Calgary-based Canadian Research Institute for Law and the Family, says many people in common-law relationships are unaware of their rights and entitlements or lack thereof.

That's despite Statistics Can-

ada figures that show the number of common-law relationships grew at a rate more than four times that of married couples between 2006 and 2011.

"I think people should have the right to have the relationship that they want. The problem is that people are, as I learned from being a family law lawyer, woefully ignorant of their rights under the law," says Boyd, adding that married couples can be equally nescient.

"No one gives a thought to what will happen when all that fairy tale stuff falls apart," she says. THE CANADIAN PRESS

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Scientists find gravity wave proof

THEORETICAL PHYSICS

Discovery offers evidence of elusive Einstein theory

Scientists announced Thursday they had discovered direct evidence of gravitational waves, one of Einstein's most important — and elusive — predictions.

They captured the incredibly faint signal by recording the sound of two black holes colliding, an event that occurred 1.3 billion years ago.

"We did it," said David Reitze, executive director of the Laser Interferometer Gravitational-Wave Observatory (LIGO).

"That's the story today. But what's really exciting is what comes next."

Gravitational waves are one

of the critical predictions of Albert Einstein's Theory of General Relativity — they are ripples caused by mass moving through the fabric of space-time. With energetic enough movements, those ripples might be big enough for us to measure.

"It's one of the most exciting predictions of the theory," said Luis Lehner of the Perimeter Institute for Theoretical Physics.

Yet when scientists celebrated general relativity's 100-year anniversary late last year, no one had yet reported a direct detection of the waves.

The discovery of gravitational waves is far more significant than simply confirming Einstein's predictions.

"It's momentous ... it marks the beginning of our ability to peek at the universe through a completely new window," said Lehner. "It's as if the floodgates are about to be opened."

TORSTAR NEWS SERVICE



MIGRANTS NATO DEPLOYS WARSHIPS TO END SMUGGLING OPERATION Migrants and refugees queue for a meal distributed by volunteers at the passengers terminal in the port of Piraeus upon their arrival from the island of Lesbos on Wednesday. In response to Europe's gravest refugee crisis since the Second World War, NATO ordered three warships to sail immediately Thursday to the Aegean Sea to help end the deadly smuggling of asylum-seekers across the waters from Turkey to Greece. LOUISA GOULIAMAKI/AFP/GETTY IMAGES

ALAN KURDI

Accused traffickers go on trial

Two alleged people-smugglers are on trial in Turkey accused of causing the death of three-year-old Syrian migrant boy Alan Kurdi and four other people.

The image of the boy — his lifeless body lying face down on a beach in Bodrum — galvanized world attention on the refugee crisis, graphically illustrating the magnitude of the journeys and suffering migrants risk.

Syrian nationals Muwafaka Alabash and Asem Alfrhad face up to 35 years in prison each if convicted of the charges of human smuggling and causing the deaths of five people "through deliberate negligence."

THE ASSOCIATED PRESS

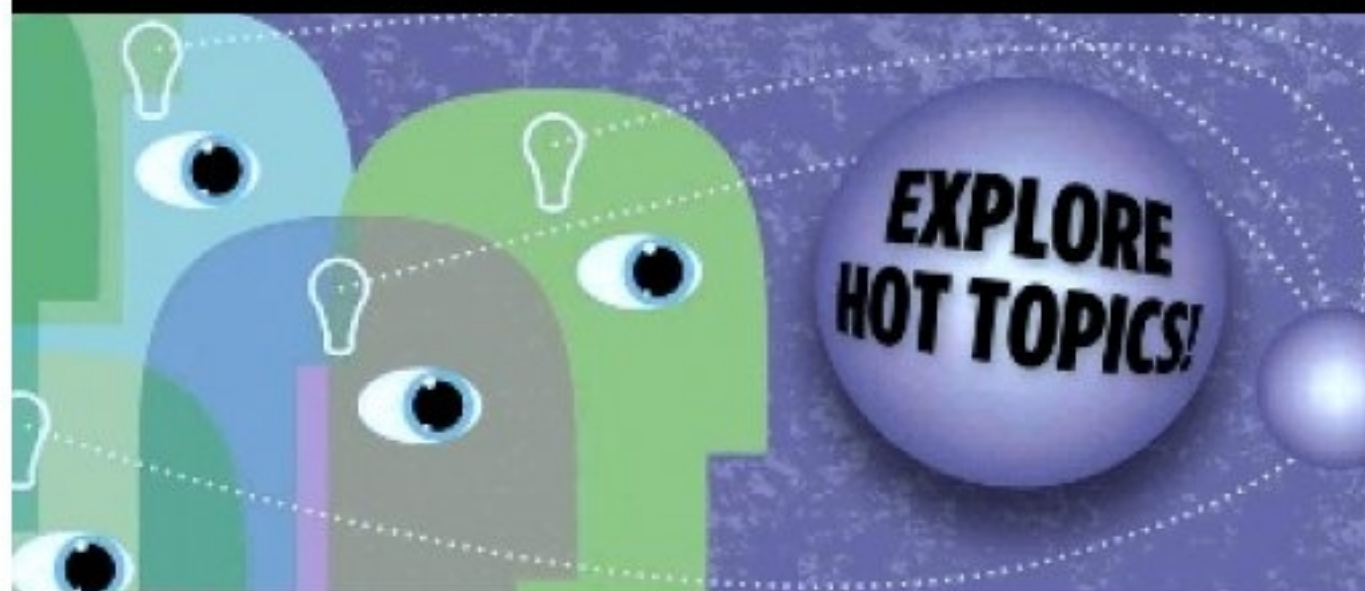


Alan, left, and his brother Galib Kurdi in an undated photo. HO/THE CANADIAN PRESS

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Beer drinkers feel pinch

BREWERS

Weak economy hurting sales in oil regions: Molson Coors

Molson Coors Brewing Co. says a sluggish economy and higher food prices are affecting beer drinking in Canada's oil-rich provinces.

The Denver and Montreal-based company said the beer industry has seen customers, particularly in Alberta, shift from higher-priced premium to economy brands.

Sales volumes have also been slipping in Alberta, as well as in the oil-producing provinces of Newfoundland and Labrador and Saskatchewan.

Molson said its sales volume decreased 5.4 per cent across Canada in the fourth quarter.

In January, sales to retailers for at-home consumption fell by more than 10 per cent, or by almost nine per cent excluding the impact of the termination of an agreement to distribute Miller brands.

Part of that decrease can be attributed to macro-economic factors, including higher food prices, said Stewart Glendinning, chief executive of Molson Coors Canada.

"The consumer is under pres-

sure," he said Thursday during a conference call on the company's fourth-quarter and 2015 results.

"And if you add to that the fact that consumer debt in Canada is at an all-time high, it's made for quite a difficult recipe in some of those provinces."

Sales volumes for Coors Light were also reduced in Quebec by the brewer's decision to raise prices for its flagship brand.

THE CANADIAN PRESS



Molson Coors says a slow economy and high food prices are prompting beer drinkers, particularly in Alberta, to shift from higher-priced premium to economy brands. THE ASSOCIATED PRESS

ROLL UP THE RIM

Contest upsets users of reusable mugs

It's a national pastime each winter, as Canadians across the country eagerly "Roll Up the Rim" to win prizes with their morning cups of Tim Hortons coffee.

But now, thousands of reusable mug owners are calling on the popular chain to let them play without being forced to take a paper cup.

"Customers should not be forced to choose between an environmentally conscious option and participating in Roll Up the Rim," a petition at

Change.org reads. By Thursday morning, more than 14,000 people had signed on.

The petition was first launched last year by Ally Fraser of Beaumont, Alta. In a post this week, she said she presented the petition to Tim Hortons' corporate head office but did not get a positive response.

"They dismissed our concerns. This year, with so much support, maybe they will finally listen," she wrote.

TORSTAR NEWS SERVICE



Environmentally conscious customers want Tim Hortons to expand contest rules. TORSTAR NEWS SERVICE

STAR WARS

Producers sued over actor's broken leg

British health authorities have charged the producers of Star Wars: The Force Awakens with four breaches of workplace health and safety laws over an on-set accident in which Harrison Ford, who was 71 at the time, broke his leg. THE ASSOCIATED PRESS



Harrison Ford. THE ASSOCIATED PRESS

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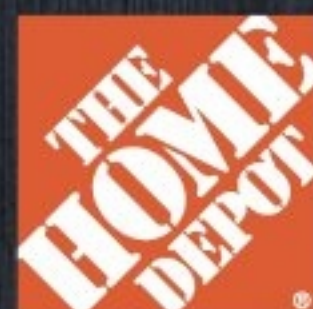
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THE BIG THING

CITIES of LOVE

The photo-sharing site Instagram is practically blinding at this time of year with so many shiny rocks on display. Among the 80 million images uploaded daily, the "#Shesaidyes!" ring picture is a contemporary classic. But, according to social media at least, it turns out there are significant geographical differences in regards to where people go to find love — and seal the deal.

The U.K. engagement-ring company Ingle & Rhode analyzed 250,000 Instagram photos tagged with #isaidyes, #proposal, #proposed or #heproposed and cross-referenced them with geographic coordinates to rank where the perfect places are for popping the question. Two Canadian cities made the top 25: Vancouver and Toronto. (Famously romantic Paris was 15th, although there was no hashtag search *en Français*). Would you and your valentine venture to one of these love-tastic locations to put a ring on it?



1. New York City



2. Los Angeles



4. Miami



3. Seattle



5. Chicago



6. Toronto



11. Vancouver



15. Paris

metroview

How I reined in my drinking thanks to love — and Canada

Like many of my adolescent peers in Dublin, my relationship with alcohol began young. At 13, I made a pact with friends to smuggle booze from our homes to a secret seaside location, where we would all get drunk.

Most of my pals brought soft stuff; I came armed with Bacardi white. We proceeded to grimace and gurn through the forbidden libations, pulling hard off our cigarettes to mask the taste. I ended my day violently ill and with an enduring aversion to Bacardi.

This embarrassing introduction should have made me cautious. Nope — my mischievous side, my teenage stamina and my country's culture kept me imbibing through my teens and 20s.

By my late 20s, the recession was kicking in, work at the newspaper wasn't plentiful and I'd just painfully parted ways with a good woman — a recipe for an extended period of self-destruction. Four nights a week, I would quaff wine with dinner, followed by a feed of cans, go clubbing and then wobble home to bed. After three years of this, I decided to leave Ireland in search of stable employment.

I zeroed in on Toronto: cold, yes, but with hot summers. And no Dublin-like rain. I arrived in wintertime and resumed drinking heavily. Fortunately, I met a lovely local girl, Suzi, who showed me the

ropes and, eventually, became my fiancée. Initially we happily boozed and clubbed in tandem, but she soon tired of the binge drinking, went on a serious health kick.

Guilt pangs from booze-ups resulted in me trying to balance my habit with jogging, but I'd often find myself taking premature wheezy walks home.

After a few months I had a job at newspaper and was socializing with workmates. I'd get hammered while my colleagues paced themselves. I admired the Canadians' humble way, but the "craic"-loving side of me yearned for the mayhem of a Dublin night out.

Soon the Toronto approach took hold (it helped that Ontario liquor stores close at 9 on the weekends). Meanwhile, my fiancée's lifestyle and ultra-healthy diet were rubbing off.

And then I returned to Ireland. Back in Dublin for nine days, I drank eight of those days, got drunk on six and puked on two.

I returned to Canada a husk of a man, resolving to halt my partying ways. I challenged myself to a dry January and made it. If I hadn't moved here or met Suzi, I'd still be drinking too much back home. So thanks, Canada, for helping me to rein in this tricky vice. I'll occasionally drink to that!

Eoin Weldon is a Toronto-based writer and editor.



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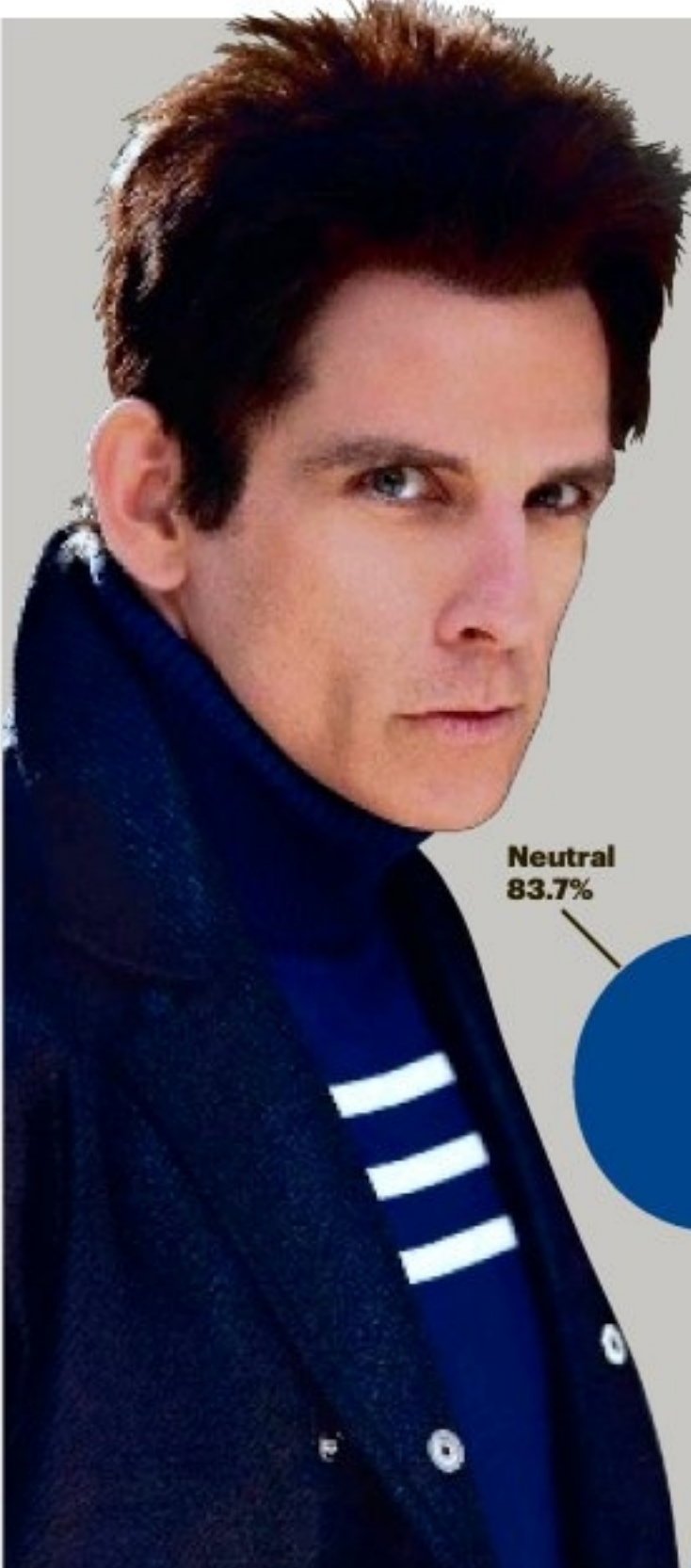
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Dear God, they're beautiful



WHAT'S IN A LOOK


How closely does Zoolander's Blue Steel gaze resemble that look of perpetual scorn, the Resting Bitch Face? Metro asked the experts on the topic, Noldus Information Technology, the creators of FaceReader software. The software measures contempt — that emotion closely associated with RBF.

As it turns out, Blue Steel is even bitchier than RBF. According to the software, a measure of contempt greater than six per cent is interpreted as RBF to the human eye. "This isn't exactly a neutral face to begin with, but it's interesting to see that the percentage of contempt is much higher than the six per cent threshold for RBF," says Hanling Feng, inside account manager at Noldus.

LIZ BROWN/METRO

Neutral 83.7%
Contempt 16.2%
Neutral 0.1%

Derek Zoolander's Blue Steel gaze being analyzed by FaceReader software.



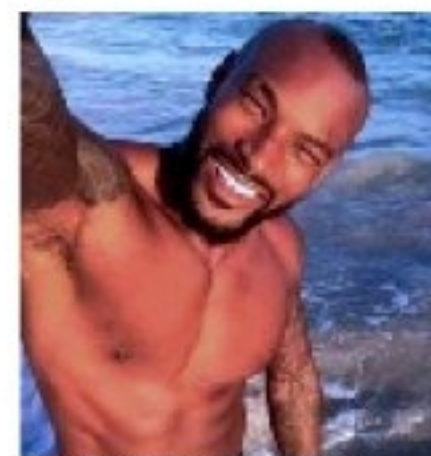
It's been 15 years since Derek Zoolander's really, really, ridiculously good-looking face graced the silver screen. But he's back this weekend, and he's middle aged, even dabbling in the anti-aging cream market with a NYC-based Kiehl's pop-up shop called the Derek Zoolander Center for People Who Don't Age Good. A Metro investigation dug up a few more middle-aged male models and discovered that, unlike the rest of us, they do age good. LIZ BROWN/METRO

TYSON BECKFORD

Age: 45

Career: Beckford was discovered in New York City and recruited to be the face of Ralph Lauren Polo in 1993. He was also in the original Zoolander.

Still got it: Just last year Beckford was showing some skin as celebrity host of the Chippendales at the Rio in Las Vegas. With abs of steel and a face as soft as a baby's behind, Beckford isn't shelving his strut any time soon.



INSTAGRAM @TYSONBECKFORD

MARCUS SCHENKENBERG

Age: 47

Career: Schenkenberg gained notoriety with his nearly nude in the shower shoot for Calvin Klein in 1991. In the early 2000s he was linked to Pamela Anderson and Jessica Simpson.

Still got it: A cursory glance of his Instagram account will morph into an afternoon creep session involving abs, gratuitous gym shots and shirtless shoots with horses. It'll leave you wondering what the specifics of his Faustian bargain might be.



INSTAGRAM @MARCUSCHENKENBERG

MARK VANDERLOO

Age: 47

Career: Vanderloo is the man upon which Derek Zoolander's character is loosely based (The Zoolander name is said to be a riff on Vanderloo). You've likely seen him looking chic for Hugo Boss, where he's been one of their main models since 2005.

Still got it: Do you like a strong jaw? Do you like sexy weathering? Do you like a man who looks like your friend's hot dad you secretly lusted after in high school? We thought so.



INSTAGRAM @BUGATTI

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REACTION

Metro readers respond: Show us your best 'Blue Steel'



I think we all use this look to make our cheek bones look extra fleek. — Andrea Llewellyn

From left: Dyna Tuytel, Kat Gajewska, and Andrea Llewellyn of Calgary

This is my daughter Piper at two months old showing her best Blue Steel. Her uncle argues she is actually doing Le Tigre!

Kelly Macdonald, Dartmouth, Nova Scotia



“

When would you use this look?
For the paparazzi
Who are you trying to impress?
The media

Ramtin Alikhani, Ottawa



“

EK gives Blue Steel a try. #Zoolander

George, Toronto

It's a fine line between 'blue steel' and duck face, and I may have crossed that line.

Alana Beck, Halifax

“



“

I opted for #LeTigre. Gotta keep #Magnum under wraps until it's ready.

Nicholas Mizera, Toronto



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Hong Kong Ballet, The Sleeping Beauty © Gordon Wong

Ryan Reynolds unmasked

A MAN OF MANY PARTS

Deadpool star not just a hot dude with 'tude

Richard Crouse
For Metro Canada



Look! Up on the screen! It's Blade: Trinity. It's The Proposal. It's Ryan Reynolds!

Yes, it's Ryan Reynolds, strange visitor from Vancouver who came to Hollywood with powers and abilities beyond those of mortal men. He speaks faster than a speeding bullet! He can leap tall scripts in a single bound! He's more versatile than a roomful of Sexiest Men Alive!

I've paraphrased the famous opening of Superman, even though Reynolds has never played Superman in the movies. Careerwise, however, he has been a super man, leaping from genre to genre, piecing together an IMDB page so varied it'll make your head spin.

This weekend brings us another exciting episode in the adventures of Ryan Reynolds.

In *Deadpool* he's a former Special Forces operative subjected to an experimental treatment that gifts him with regenerative healing power and increased agility. Unfortunately it also leaves him filled with rage; thirsty for revenge against the doctor who changed his life. The character's greatest superpower, according to Reynolds, "is annoying the s— out of people."

It's not the first time the 39-year-old actor has played someone with superpowers. It's not even the first time he's played *Deadpool*. That character debuted in *X-Men Origins: Wolverine* and he starred as Captain Excellent in *Paper Man*, the darkly heroic Hannibal King in *Blade: Trinity* as well as donning the super-tight tights of the *Green Lantern*.

When he isn't battling crime, however, Reynolds has been

more adventurous in his roles than people give him credit. Peppered throughout his major Hollywood successes like *The Proposal* have been roles like *The Amityville Horror*'s psychologically unstable father, *Woman in Gold*'s relentless lawyer, and the crackhead Gary in the thriller *The Nines*.

Successful or not, those movies showcased a performer looking to stretch his acting muscles (and not just display his prodigious ab muscles). Here are some other Reynold's roles that show his super-versatility:

The Voices: Reynolds plays the wholesome-looking Jerry, an eager to please factory worker with a crush on the cute accountant upstairs. When she stands him up for a date it becomes apparent Jerry has serious problems. As bodies pile up he grapples with voices in his head that tell him to do terrible things. Kitschy, strange and decidedly off kilter, *The Voices* has funny moments but revolves around Reynolds's winningly odd performance.

Buried: Reynolds is a civilian truck driver in Iraq, taken hostage, buried underground, who will be left to die unless a ransom is paid. The entire movie happens inside the four walls of a coffin with only Reynolds and a cell phone on display. Unable to rely on his usual comic timing and bulging muscles, Reynolds hits a career high, keeping the audience intrigued for most of the 90-minute running time.

The Change-Up: Starring Reynolds and Jason Bateman, this film is like several movies in one. It's part gross-out comedy, part heart tugger and all switcheroo. The set-up is *Freaky Friday* simple; the two leads swap personalities but it works because Bateman adds a little hyper Van Wilder inflection to his speech and Reynolds drops his energy a few notches to match Bateman's more laconic style. Both are likeable actors, with charm and charisma to burn.



Ryan Reynolds plays the mouthy antiheroic comic book superhero *Deadpool* in the eighth installment of the *X-Men* film series. CONTRIBUTED

“

Successful or not, those movies showcased a performer looking to stretch his acting muscles (and not just display his prodigious ab muscles).

Richard Crouse, on the Reynolds catalogue

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MOVIE RATINGS by Richard Crouse

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HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

Who needs a boyfriend anyway?

Given the film's title, it's not unreasonable to expect the stars of *How to Be Single* to have a few thoughts on, well, how to be single. The leading foursome bring a variety of experience to the topic, from Leslie Mann, who's been married for two decades, to Dakota Johnson, who is currently living the single life in New York City. Alison Brie, meanwhile, recently got engaged to beau Dave Franco, and Rebel Wilson thinks it might be time to rethink the whole "eternally single" thing. Here's where they stand on the topic **NED EHRBAR/FOR METRO**

1 LESLIE MANN — "I've been married for 20 years. I can't even remember anymore being single," Mann admits. "I had so much shame when I was single. I would make out with a lot of people but I would never have sex because then I would feel bad. But I made out with everyone. And some dry-humping."

Mann is pleased, though, with the state of the world for single women today versus when she was in her 20s. "I'm excited for my daughters to see the movie because I love the message," she says. "This is going to sound weird but I tell my daughter Maude, who is 18 now, she's an adult, but I always tell her, 'Just show off your boobs! You have great boobs. And it doesn't get any better. I know what happens. Just enjoy them now, enjoy this time.'"



2 DAKOTA JOHNSON — "I am a single person. I love that I'm alone all the time. I love sleeping next to no one. I really don't want to be cuddled. I love to have dinner by myself," she says with a laugh. But seriously, though. "No, I actually like spending time by myself. I kind of cherish my time alone. I like solitude, so that's nice. But then being single also sucks sometimes — because you're single."

Johnson appreciates that *How to Be Single* shows women in a more liberated, sex-positive light. "With this film, I was attracted to the positive outlook on women, especially, exploring relationships with different people and being confident and comfortable and strong," she says. "That was the kind of thing that was appealing to me, because that's what's real, and it's honest and there's nothing to be ashamed of. That's what single women do."



4 ALISON BRIE — "I think my favourite part about being single is just being able to do whatever you want, the freedom. You are your own person," Brie says. "Aside from your close friends and your family, you don't have to always be thinking about maybe whatever move you're making, how that is going to affect the person in your life. You kind of can fly by the seat of your pants."

That's what I really liked about being single. It felt very fun and spontaneous."

That doesn't mean she didn't have some lousy times out before settling down. "Any of the bad dates I've had involved one or more parties drinking too much," she says. "When I was single, I don't think I would ever just end a date mid-date even if I were not having a good time. I'm sort of like, 'Well I want to be polite, I should stick it out. I'll just hang and dance with this drunk guy.' And that's a s—ty thing. I think a lot of the time women feel like we don't want to be rude, we don't want the guy to think we're a b—, so we entertain a lot of bad behaviour."



3 REBEL WILSON — "I'm, like, eternally single, and I think I like it a bit too much, and I need to be more open to the possibilities of love," Wilson muses. "I'm very independent, I always have been. I went to an all-girls school and we were really taught to be independent. Although, one teacher did try to teach us how to marry a rich man and kill him. The science teacher, she would tell us, like, how to dampen the sheets and stuff, and sometimes we'd really listen to that. But we were always encouraged to go out and live our own lives. And from my own mother, as well, she's like, 'Don't have kids too young, because it will ruin your life.'"

Sound advice, though Wilson is starting to think that maybe she's had her fun already. "Now I'm at the point where things are going so well that I'm trying to, like, look for the right person. I just haven't found him in Hollywood. Surprise, surprise," she says. "I don't like smoking. And then maybe, like, lying? When they say they didn't have a fiancée, and their teammates supported that, and then I find out a few months later they did in fact have a fiancée back in their hometown? That's a bit bad. Yeah."

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Colorado, two ways

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1 On a budget?

Go to picturesque Copper Mountain, which is less than a two-hour drive from Denver International Airport.

Where to stay

Copper Mountain Resort's family-friendly ski-in, ski-out lodges' condos start from \$142 US/night and are casual (think lots of pine) but cozy (hello, fireplace).

Most lodges are equipped with a hot tub, gym and ski locker. With activities and restaurants spanning three Villages (there's a complimentary shuttle between each village) and ski rentals right at the foot of the mountain in Center Village, you get to spend more of your vacation time on the slopes and enjoying apres-ski life.

Where to ski

The mountain naturally divides into sections for beginners, intermediate and advanced, so if you're a newbie on skis or a board you can stick to the lower mountain or the green runs, which are far from the more difficult runs, so there's no need to fret about accidentally ending up on a black diamond.

Expert skiers, on the other hand, can head straight to shredding the bowls at Copper such as Resolution and Union, where they can find fresh snow on powder days. Download the Copper Mountain Sherpa app before you go so you can follow fellow skiers, track the vertical feet you ski, your speed, hear "audibles" (tips and messages) left by other skiers at certain points of the mountain, get run suggestions and more.

Where to eat

For breakfast, go to Endo's Adrenaline Bar & Grill in Center Village (the huevos rancheros makes for filling ski fuel).

Feeling peckish on the mountain? At the top of the American Eagle chairlift, grab a Belgian waffle or warm cup of soup at Flyers Soup Shack.

Come evening, swap the ski gear for smart casual attire and head to the posh C.B. Grille, located in Center Village, and dig into fresh local fare such as its striped bass and Angus beef.



2 Want to splurge?

About a one-hour drive from Montrose Regional Airport, Telluride offers slopes that are as good as Aspen but without the hype. Stay at luxe The Peaks Resort & Spa, where you can rest in your modern spacious suite, get a top-notch massage for your ski-weary muscles at the spa, and enjoy ski-in, ski-out access to Telluride Ski Resort.

This historic mining town, which you may recognize from Quentin Tarantino's flick, *Hateful Eight*, sits in a box canyon (read: unbeatable mountain vistas) where you can shop along its charming main street in town (get on the free gondola to get there) before dinner at Allred's. Everything there is a sure bet, but meat lovers should not miss the tender, juicy cider-brined Berkshire Colorado pork chop.



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5

L.A. HOTSPOTS THAT'LL MAKE YOU FEEL LIKE A STAR

It's Oscar season in Los Angeles. With the 88th annual Academy Awards scheduled for Feb. 28, here are five places in L.A. to soak up those glitzy Oscars vibes and maybe even run into one of the nominees if you're lucky.

THE ASSOCIATED PRESS



1 Arclight Hollywood

One of the most striking movie theatres in the country, the Cinerama Dome has hosted oodles of film premieres since opening in 1963. It has more than 800 seats and looks like an enormous white golf ball chopped in half. With reserved seating, cushy stadium seats, a bar and cafe, and various film exhibits, the Arclight Hollywood is a popular place for movie fans and celebrities alike.



2 The Peninsula Beverly Hills

The Peninsula Beverly Hills hotel is known as the ultra-luxe stay for Oscar nominees. For those who can afford some true Oscars-worthy pampering, the hotel offers services such as a week-long "Red Carpet Ready" package of personal training sessions and spa treatments.



3 Runyon Canyon Park

Those tabloid photos you see of celebrities and their pooches huffing it up a winding dusty path? More than likely, they're photos of Runyon Canyon, a 160-acre nature park nestled in the Hollywood Hills. Hit the park's trails for panoramic views of L.A. at the top or join a yoga in the park class.



4 The Grove

With its sprawling swath of swanky stores, including Barneys New York, Swarovski and Diane von Furstenberg, this outdoor retail centre always attracts a slew of movie stars, from Mark Wahlberg to Oscar winner Halle Berry. Walk along the main path, or take a quick trolley ride to the historic Farmers Market next door.



5 FIDM Museum

Anyone who covets the spiky, apocalyptic clothes in Mad Max: Fury Road or the silky 1920s outfits in The Danish Girl, both nominated for best costume design Oscars, will love the Fashion Institute of Design and Merchandising Museum's 24th annual Art of Motion Picture Costume Design exhibit.



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SURVEY

Travellers more likely to crank up love life on vacation

The results of a new travel survey released ahead of Valentine's Day reveals a few golden nuggets on American behavior, including the fact that 11 per cent of travellers have pretended to be single while on the road, and that the highest percentage of members in the Mile High Club can be found in the 65-plus set.

The results of the survey conducted by online booking site Cheapflights.com show that overall, Americans are more inclined to crank up their flirting game while travelling and open up to amorous possibilities, including meeting new people and seeking out unconventional milieus in which to christen their love.

For example, 33 per cent of the 1,000 online respondents said they've had sex in an unconventional setting while travelling.

Overall, 45 per cent said their libidos spike and that they're more in the mood to make nookie when travelling.

The survey revealed interesting gender divisions which suggest that overall, men are flirter, randier, and, dare we say it, less scrupulous while on the road.

Not only do men flirt more



According to Cheapflights.com, boomers are most likely to have had sex in an airplane, while men are twice as likely as women to pretend to be single while travelling. ISTOCK

than women (33 per cent vs 23 per cent), they also admitted to flirting more with fellow travellers and putting on their A-game with flight crew and hotel staff. Men are also twice as likely to pretend to be single while on a trip (14 per cent vs 7 per cent). When it comes to hooking up with a stranger while on vacation, more than a quarter (26 per cent) of men said they've gone and done so, compared to 15 per cent of women.

As for the Mile High Club,

nine per cent of men report to being a full-fledged member, versus just two per cent of women.

The fantasy of getting their rocks off at 35,000 feet is also stronger among men, with 43 per cent of male respondents expressing interest, compared to half of that for women.

The highest percentage of members who've been sworn into the club belongs to the 65 and older crowd.

AFP

TRAVEL NOTES UNITED NATIONS, JULIA CHILD, PHILLY

Tourism makes one tenth of the world's economy: UNWTO

According to the United Nations World Tourism Organization, the travel industry now employs hundreds of millions of people and accounts for a tenth of global economic output. Last year the sector grew 4.4 per cent, with 1.2 billion people taking a trip outside of their country. Europe (including Russia) remains the most visited region, followed by the Asia-Pacific region, and the Americas. AFP



Europe remains the most-visited region in the world. SHUTTERSTOCK

Julia Child's summer home open to guests this summer

Julia Child fans will soon be able to potter about in the legend's kitchen and sleep under the same roof she did when the chef's vacation home in France opens to visitors this summer. For nearly three decades, Child and her husband Paul spent their summers at La Pitchoune located in Provence. Now it will be a guest house and 'culinary retreat,' serving up cooking lessons. AFP



Booking start in June for Child's summer home. FACEBOOK

Philadelphia tops Lonely Planet's list of 10 best U.S. destinations

Travel experts at Lonely Planet have declared 2016 the year of Philadelphia, as it marks the 40th anniversary of the iconic film Rocky this year. In their list of 10 best U.S. destinations, the travel guide gave Philadelphia the top spot — the latest in a string of accolades for the city. Last year, Philadelphia became the first World Heritage City in the U.S., a distinction it shares with Paris, Rome, Cairo and Kyoto. AFP



Independence Hall in Philadelphia. SHUTTERSTOCK

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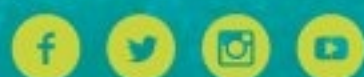
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Cold War echoes at Diefenbunker



The Diefenbunker includes a blast tunnel, situation room, hospital and vault for gold. COURTESY DIEFENBUNKER MUSEUM/COSMO CONDINA

STAY-CATION

Blast from past when nuclear attack seemed real possibility

Attention spies, don't read this.

Deep beneath the peaceful earth here just west of Ottawa lies the Diefenbunker — a fascinating trip into Canada's Cold War history.

Commissioned by then-prime minister John Diefenbaker, it's a four-storey, 300-room building with 100,000 square feet of space, constructed entirely underground.

It was built to be the refuge for the most important Canadians in case of a nuclear war with the Communists.

"We would have had room for 535 designated people, not just random people who wanted to come in. None would have been allowed to bring their families, including the Prime Minister," says Diefenbunker executive director Henriette Reigel.

It is now one of the Ottawa area's most intriguing attractions, "Canada's Cold War Museum."

Restored to its Mad Men-era sheen, it draws up to 60,000 visitors a year, summoning up a time when it seemed possible that nuclear warheads might be lobbed over the Iron Curtain toward us. It was built to withstand a five-megaton blast from 1.8 kilometres away and keep Canada's leadership functioning underground for up to 30 days. It included a suite for the prime minister, an emergency CBC broadcast studio and a vault to hoard the Bank of Canada's gold.

"It was built west of Ottawa because the prevailing winds in Canada blow from west to east," says Reigel. "So if you're ever anticipating a nuclear attack, you should go to west of where you think the bomb is going to land."

The museum is fitted out with map rooms, clunky electric typewriters, rotary phones and groovy plastic chairs.

The site was in official use from 1961 until it was decom-

+ IF YOU GO ...

Location: 30 kilometres west of Ottawa, just past the village of Carp. Details: diefenbunker.ca.

Hours: Tuesday through Sunday, 11 a.m. to 4 p.m.; from March to December, open daily (except Christmas and New Year's Day).

Admission: Adults, \$14; seniors, \$13; students, \$10; youth 6 to 18, \$8. Family rate (two adults and five youth) is \$40. Parking is free.

Guided tours: Daily.

missioned in 1994, although as the Cold War waned, it was used for other purposes instead of a top-level hidey-hole.

Its official name was Central Emergency Government Headquarters (CEGH Carp).

It got nicknamed after the jowly, charismatic PM — who was in power from 1957 to 1963 — by journalist George Brimmell, who exposed the story of its development in the Toronto Star.

TORSTAR NEWS SERVICE



This year's Basketball Hall of Fame class includes three players certain to make the cut — Allen Iverson, Shaquille O'Neal and Yao Ming

Basketball's best bring sizzle to T.O.

2016 NBA ALL-STAR

Mid-season showcase lands north of border

Chris Bosh set foot in Toronto on Thursday and before he could put his hand to his phone, a probably unwelcome but familiar feeling hit him and stung any exposed skin, tensing his entire six-foot-11 frame.

"It is COLD," the former Raptor, now an 11-time NBA all-star and six-year member of the Miami Heat, tweeted.

He's certainly not wrong. The temperature is expected to dip to -23 C on Friday and Saturday night.

If nothing else, the cold lines up perfectly with the arrival of basketball Christmas in Toronto.

The NBA and all its best players and personalities and the parties that come with them are in Canada for all-star weekend.

The festive feeling that started to percolate in downtown Toronto on Thursday will bubble and brew Friday and roar into a basketball-themed beast of its own for the weekend, culminating in the 65th edition of the all-star game Sunday.

LeBron James and Kobe Bryant are in Toronto. So is Stephen Curry and his Splash Brother, Klay Thompson. Bosh, Dwyane Wade, Kevin Durant and Russell Westbrook. The insanely talented list goes on and on. Paul George, Carmelo Anthony, DeMar DeRozan and Kyle Lowry.

Given the magnitude of the talent assembled for Sunday's game, the weekend starts off almost inconspicuously Friday with the NBA celebrity game and its 7 p.m. tipoff at Ricoh Coliseum.

There's a distinctly Canadian flavour to the game, with Drake coaching a Canadian team along-

side two-time NBA MVP Steve Nash against comedian Kevin Hart's U.S. team.

Drake and Nash will oversee a team that features Jose Bautista, Milos Raonic and former players Tracy McGrady, Rick Fox and Tammy Sutton-Brown. Actor Nick Cannon and former Raptors Chauncey Billups and Muggsy Bogues are on Hart's team.

The first NBA-related piece of the weekend comes next, with the Rising Stars Challenge at Air Canada Centre. The league modifying the rookies vs. sophomores game to a U.S. against the World Team setup last year works perfectly for the first all-star weekend outside America.

As long as the game is played in the States, Friday will mark the only time that Team World is the fan favourite.

"That's really cool," said Dallas Maverick and Toronto native Dwight Powell, a second-year forward who'll be on Team World.

"I think it speaks to the globalization of the game, how many people it's touching across the world and the NBA specifically."

TORSTAR NEWS SERVICE

OUR GUYS

Three Canadians — **Andrew Wiggins**, pictured, Dwight Powell and Trey Lyles — will play for the World Team versus the U.S. in Friday's Rising Stars game.

Wiggins was the game's MVP last year in New York, thanks to a 22-point effort to lead Team World to a 121-112 win.



Raptors guards **DeMar DeRozan**, left, and **Kyle Lowry** will represent the Eastern Conference in Sunday's all-star game in Toronto.

JENNIFER POTTHEISER/NBAE VIA GETTY IMAGES

Literally we were writing down our hopes, our dreams, our visions for the Raptors. And one of the dreams was to play the first international all-star game outside of the U.S

Isiah Thomas, the Raptors' first-ever general manager

HOSTING THE WORLD

Nash sees ASG as another launch pad

Steve Nash thinks this weekend's NBA all-star game in Toronto will go down as another important milestone for basketball in Canada.

Nash, a two-time NBA MVP and the general manager of Canada's senior men's team, spoke at length on Thursday about the effect the all-star game will have on Canada and

the growth of the sport in the country.



The game's in a good place in our country.

Steve Nash

"I think it's another milestone when the game's growing to a new height and bringing in more fans and more kids interested in playing the game at a younger age and learning the game and the values that come along with the game," said Nash.

THE CANADIAN PRESS

IN BRIEF

Zika a secondary concern for Canadian captain Sinclair

Captain Christine Sinclair says the Canadian soccer team is thinking of other things than the Zika virus as it bids to qualify for the Olympics.

"I haven't heard our team talk about it once," she said Wednesday on the eve of playing Guyana at the CONCACAF Women's Olympic Qualifying tournament. "Our focus is (Thursday night) and that's pretty much where we're staying focused at." THE CANADIAN PRESS

Redblacks all-star Capiccott officially joins Riders

Justin Capiccott is officially a Saskatchewan Roughrider.

The CFL club announced Thursday the veteran defensive lineman signed his deal. It was widely reported Wednesday that Capiccott had agreed to terms with the Roughriders.

The six-foot-three 235-pound Capiccott was an East Division all-star last season after registering 12 sacks and 47 tackles with the Ottawa Redblacks.

CREDIT LINE

NHL

Leafs' Rielly likes Phaneuf as a leader

Promising young defenceman Morgan Rielly was preparing for his second season with the Maple Leafs when team captain Dion Phaneuf offered some advice.

One night, Phaneuf told Rielly to ignore any talk from the media and fans that a sophomore slump was inevitable. Different perhaps from pub-

lic perception, Phaneuf evolved into a well-respected leader during his run in Toronto.

It's that trait the Senators hope Phaneuf can bring to their inexperienced defence.

THE CANADIAN PRESS



He wants to make everyone comfortable.

Morgan Rielly



Go to metronews.ca for coverage of Thursday's Sens game against the Avalanche.

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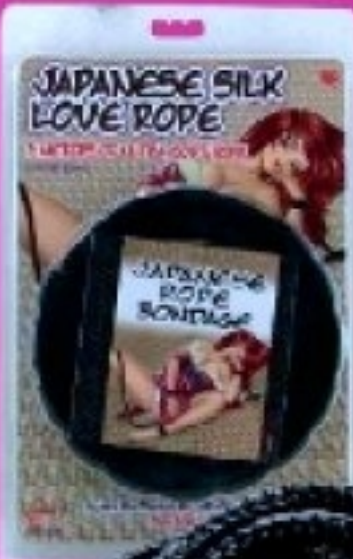
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12th, 13th & 14th



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RECIPE Garlic Apples Grilled Cheese



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

The only thing you need to add to this crunchy, garlicky grilled cheese is a fresh green salad. Or a glass of wine. Or both. Yeah, definitely have both — it's Friday!

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 2

Ingredients
• 1 Tbsp butter
• 1 clove garlic, grated
• 1 Gala apple, peeled and thinly sliced
• 4 pieces of multi-grain bread
• 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté until garlic is translucent, about 2 minutes.
2. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean plate.
3. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread.

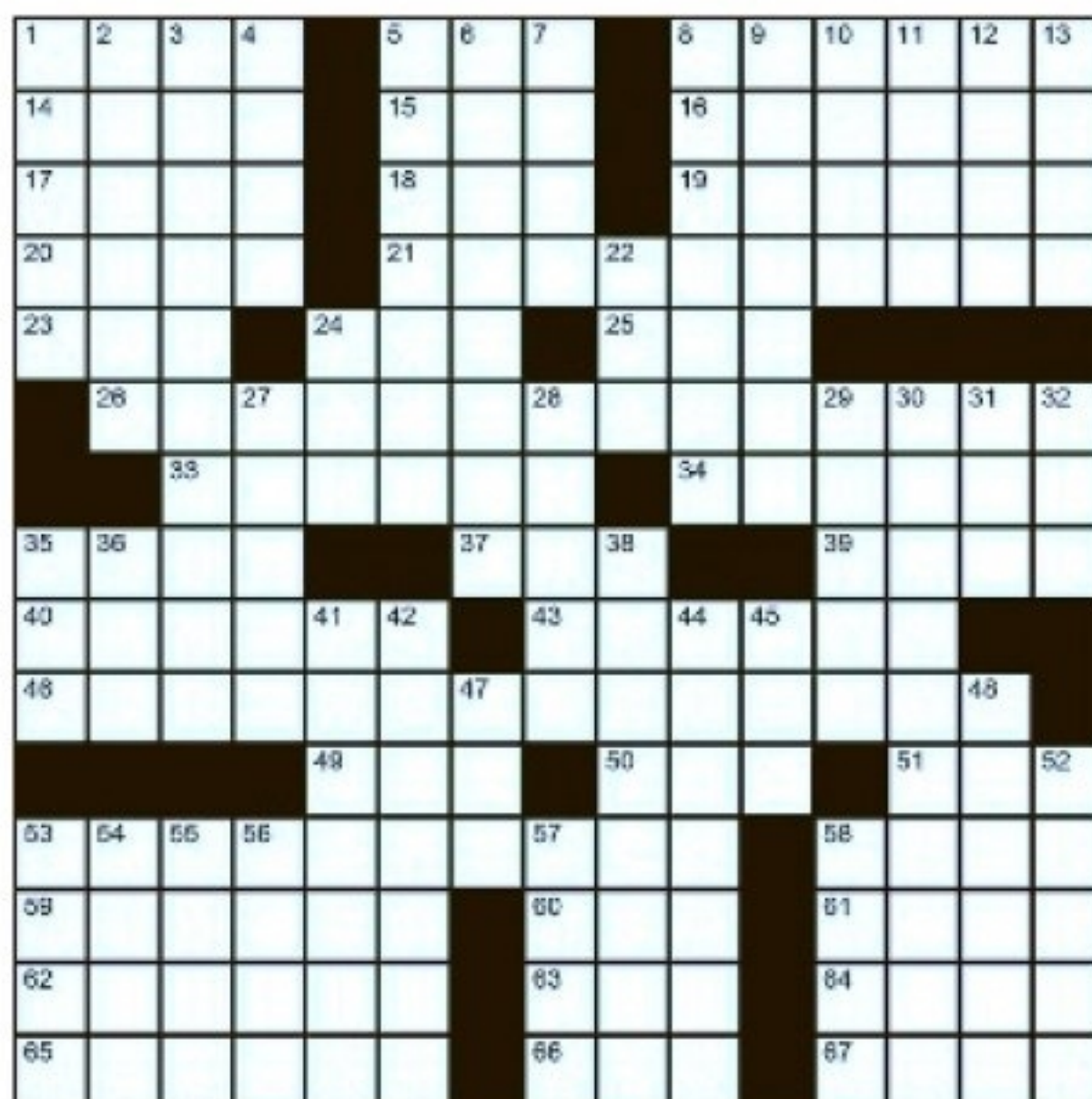
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Cobras
5. FMs opposites
8. "___ House on the Prairie"
14. Shetland ___
15. Allow
16. Kind of: 3 wds.
17. Additionally
18. Star's secret
19. Selection
20. Cobblestone
21. Song from the musical Hair: "___ England"
23. "Let me think..."
24. Car or truck, e.g.
25. Not him
26. Caribou, for instance: 2 wds.
33. Give
34. ___ of Liberty
35. Particular
37. Camera variety, commonly
39. Puny physicians
40. Runway surface
43. Cats mystery writer, ___ Jackson Braun
46. Super Channel show which is a nominee in the 'Best Comedy Series' category for the upcoming 2016 Canadian Screen Awards: 3 wds.
49. Apiece
50. Ron ___ (Star of '60s series "Tarzan")
51. Cry
53. The workplace setting that 'Gottfried Brothers' is on the show at #46-Across: 2 wds.
58. "Dial ___ Murder" (1954)



59. Anxiety
60. Coffee holder
61. Sacred Hindu text
62. ___ burner (Lab device)
63. Flight schedule acronym
64. Fur

65. Gauge
66. Draperies bar
67. Leave in, in proofreading

DOWN

1. Flooded
2. Seriously sincere
3. Like some late

- 20th-century architecture
4. Letter insertion site, sometimes
5. Town in southern Saskatchewan meaning 'Avenue of Trees'
6. Blockbusters

7. British WWII sub-machine gun
8. Caribou use their hooves to search for these food sources beneath the snow
9. Get left stuff via a will
10. New Mexico's

- artsy town
11. Bit of a jerk
12. Pretty material
13. Glancer
22. NBA Hornets city, for short
24. Irish singer Mr. Morrison
27. Fun-style parent
28. Lockups
29. Tea Leoni drama on CBS, "___ Secretary"
30. Where to have the world as a success: 3 wds.
31. Cote Saint-___, Quebec
32. The Outsiders author Ms. Hinton's
35. Addams Family relative
36. ___ Chi (Martial Art)
38. Decrease of tempo, in music
41. Places in close proximity
42. Mark Twain's real surname
44. Frog's furniture: 2 wds.
45. Polar
47. Dadaist Jean
48. One-of-some in many soups
52. Benjamin of movies/TV
53. Marching band instrument
54. Burden
55. Hankerings
56. Instance
57. Tennis serving whiz
58. Trophy-receiving athletes, e.g.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Forget about what others expect and do only what interests you. But you don't have to do it on your own. Group activities are under excellent stars at the moment, so get together with people who share your vision.

Taurus April 21 - May 21
Why burden yourself with so many commitments? Just because you can do most tasks better than other people you know does not mean you have to do them. Learn to delegate.

Gemini May 22 - June 21
Expand your horizons. A long-distance trip would be an ideal way to make use of today's cosmic influences, but if that isn't possible at least broaden your mind.

Cancer June 22 - July 23
If you need assistance today all you have to do is ask. That applies especially to money matters. Joint financial enterprises are now under excellent stars and will be for quite some time, so get a partner and get rich!

Leo July 24 - Aug. 23
If you want to get things done today you will have to make others feel as if they are the center of your universe. Make them believe that life revolves around their existence. Then they will do whatever you ask them to.

Virgo Aug. 24 - Sept. 23
Jupiter in your sign makes you want to work but it also makes you want to have fun. Get your work done today so that your weekend will be clear.

Libra Sept. 24 - Oct. 23
If you are dissatisfied with your lot then raise your sights and start living up to your potential. The Sun in Aquarius will do wonders for your confidence, lack of which is the only thing holding you back.

Scorpio Oct. 24 - Nov. 22
You have far too many things going on at the moment. If a friend drops hints that they need your support you may feel obliged to give it but make sure they know there are limits.

Sagittarius Nov. 23 - Dec. 21
Your social life will blossom and you will be so in demand that you have to turn some invitations down. You will get on best with people in whose company you feel totally relaxed.

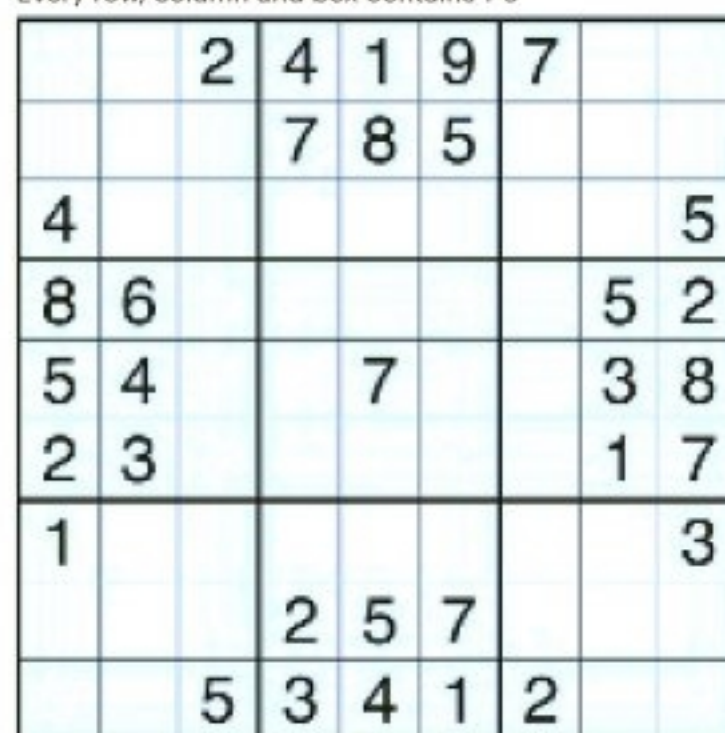
Capricorn Dec. 22 - Jan. 20
You'll get more than one opportunity to boost your income, so don't worry if your cash flow situation does not look too good. The planets indicate there's big money in your future.

Aquarius Jan. 21 - Feb. 19
Luck is on your side. If you take advantage of it there is no end to what you can accomplish. Don't listen to those who say there are limits to what can be done. For you those limits no longer exist!

Pisces Feb. 20 - March 20
At this time of year, your imagination is strong, so take part in something creative. Writing, dancing and singing are all well starred, so get out there and put on a show.

CONCEPTIS SUDOKU by Dave Green

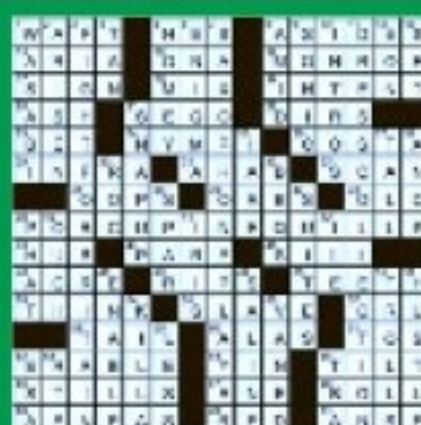
Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

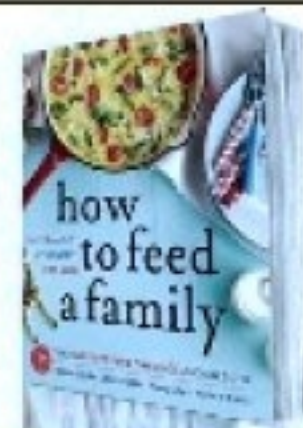
Your daily crossword and Sudoku answers from the play page.

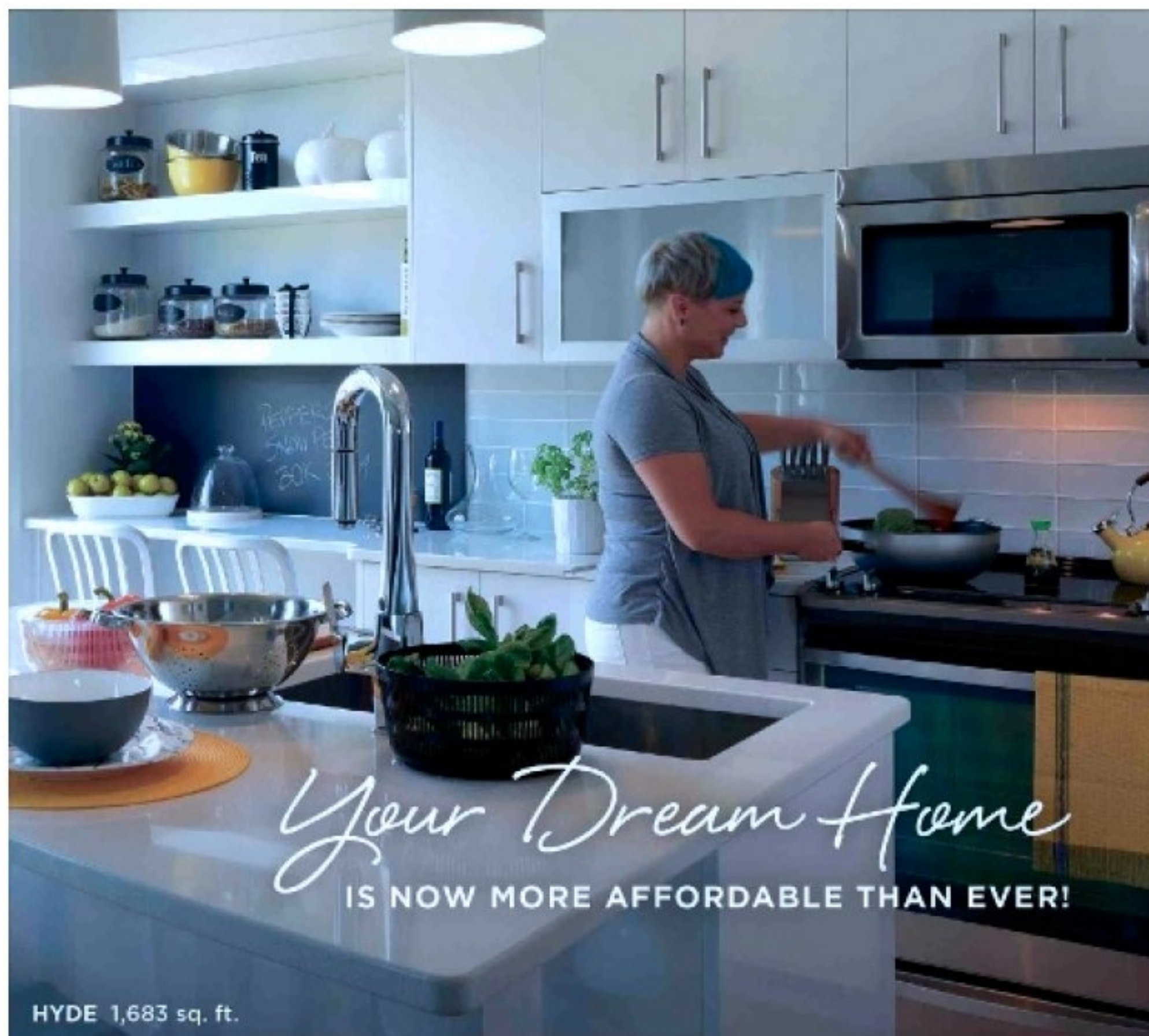
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WEEKENDS & HOLIDAYS: 11AM TO 6PM

ORLÉANS

2370 Tenth Line Road

MONDAY - THURSDAY: 12PM TO 6PM

FRIDAY: CLOSED

WEEKENDS & HOLIDAYS: 11AM TO 6PM

MANOTICK

108 Moretto Court

MONDAY: 12PM TO 7PM

TUESDAY - THURSDAY: 11AM TO 7PM

FRIDAY: CLOSED

WEEKENDS & HOLIDAYS: 11AM TO 5PM

BARRHAVEN

4005 Strandherd Drive

MONDAY: 12PM TO 7PM

TUESDAY - THURSDAY: 11AM TO 7PM

FRIDAY: CLOSED

WEEKENDS & HOLIDAYS: 11AM TO 5PM

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